
NARADA[®] RETREAT BARCELONA

OCTOBER 19-26, 2025

(day options available)

SOUL FARM MAS ELS IGOLS, SPAIN



Rejuvenate your body and mind with guided
movement and creative activities
&
Enjoy gourmet meals celebrating the
abundance of the Penedès wine region.





Join a small group of individuals (max 10) stepping out of our busy everyday lives and into a restorative routine. Participants will be offered a variety of guided activities along with time to unwind and explore the surrounding area.

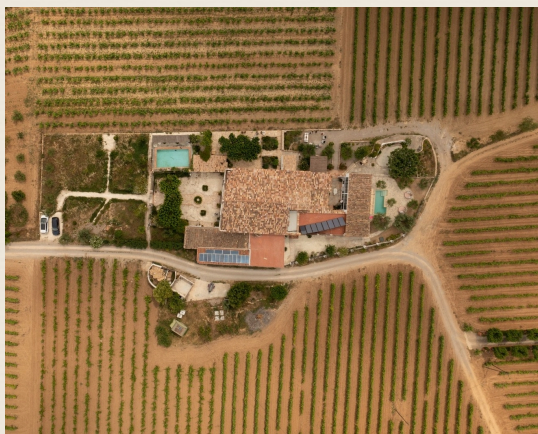
Each morning, expert movement instructor Matt Lueders will lead meditation and all levels Narada® classes to harmonize our bodies and minds. A flowing, taoist approach to movement, Narada emphasizes how breath and anatomical correctness cultivate beauty, mental clarity, and physical and emotional balance. Classes will be taught in English, with Spanish translation available.

Afternoon offerings include wine tastings, advanced Narada practice, excursions, Spanish language study, and creative therapeutic activities such as art and family constellations.

Food will be prepared and served by world class chef Fabricio Robles. Hailing from Venezuela, Fabricio offers brilliant original takes on traditional Spanish dishes, using seasonal local products. He takes time to get to know our guests and tailors each meal to the needs and requests of the group. Fabricio will teach a class preparing a classic Spanish paella. [Learn more about our collaboration.](#)



THE SOUL FARM



In the Penedes wine growing region of Barcelona, Soul Farm Mas els Igols is a sublimely joyful place. Perfected by owners Iris Tonies and Arnout Krediet, the exquisite lodgings create an uplifting space to recharge, with access to the Catalan countryside and the excitement of Barcelona. Within an hour you can find Montserrat, Sitges, and many picturesque Catalan villages. Each beautifully appointed guest room has an en suite bathroom.

www.elsigols.com

SAMPLE DAY SCHEDULE:

- 8:00 - 8:30 Guided meditation
- 9:00 - 10:00 Breakfast
- 11:00 - 12:30 Narada
- 13:30 - 15:30 Lunch
- 16:30 - 19:30 Activities- advanced yoga, wine tasting, cooking class, family constellations, art workshop, excursion
- 20:00 - 23:00 Dinner and games

COST (PER PERSON):

STAY	WEEKDAY RATE	WEEKEND RATE
1 night*	€320	€370
2-4 nights (save 25%)	€240	€275
5-7 nights (save 40%)	€190	€225
Day only**	€175	€220

All prices include 21% IVA

*includes 3 meals, snacks, drinks, all activities, single or double occupancy bedroom, private bath, transfer from Vilafranca

**includes 2 meals, snacks, drinks, all activities

ADDITIONAL SERVICES

Reiki, private Narada lesson, private Spanish class, mountain biking, transfer from Barcelona airport



To register or for more information, contact Matt:

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Matt Lueders has been teaching mindful exercise and breathing since 2006. Since 2013 he has served as a teacher trainer in the **GYROTONIC EXPANSION SYSTEM®**. From 2009-2021 he co-owned reFORM Pilates and Movement in Portland, Oregon, where he worked with hundreds of clients, many of whom were inspired to become teachers themselves. Matt is fluent in English and Spanish, with skills in French, German, Portuguese and Arabic.

www.mwlueders.com



Fabricio Robles studied international cuisine in Caracas. After several years learning and growing in the Venezuelan capital's best restaurants, he traveled the world to enrich his craft with different aromas and techniques. He served as personal chef throughout Europe for several years before opening his own catering business based in Sitges. Fabricio speaks fluent Spanish and English, with skills in French, Catalan and Dutch.

www.fabriociorobleschef.com
